



World's Best Bacon Cheese Dip

READY IN



25 min.

SERVINGS



16

CALORIES



228 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4 slices bacon
- 4 round buttery crackers crushed
- 8 ounce cream cheese softened
- 2 spring onion finely chopped
- 1 cup mayonnaise
- 8 ounces swiss cheese shredded

Equipment

- bowl

- frying pan
- microwave

Directions

- Place bacon in a large skillet. Cook over medium-high heat until evenly brown.
- Drain, crumble, and set aside.
- In a small bowl, mix the cream cheese with mayonnaise until smooth. Stir in Swiss cheese, onions, and bacon.
- Place bowl in microwave, and cook 2 minutes.
- Remove, and stir well. Return to microwave, and cook 2 to 4 minutes more.
- Sprinkle crushed crackers on top.
- Serve warm with crackers.

Nutrition Facts



Properties

Glycemic Index:8.5, Glycemic Load:0.33, Inflammation Score:-2, Nutrition Score:4.5765217659266%

Flavonoids

Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 227.62kcal (11.38%), Fat: 22.1g (34%), Saturated Fat: 7.85g (49.09%), Carbohydrates: 1.72g (0.57%), Net Carbohydrates: 1.67g (0.61%), Sugar: 0.71g (0.79%), Cholesterol: 37.01mg (12.34%), Sodium: 202.9mg (8.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.61g (11.22%), Vitamin K: 26.8µg (25.52%), Calcium: 143.53mg (14.35%), Phosphorus: 109.99mg (11%), Selenium: 6.96µg (9.94%), Vitamin B12: 0.5µg (8.39%), Vitamin A: 334.11IU (6.68%), Zinc: 0.79mg (5.24%), Vitamin B2: 0.09mg (5.05%), Vitamin E: 0.72mg (4.83%), Vitamin B5: 0.2mg (2%), Magnesium: 7.2mg (1.8%), Vitamin B6: 0.04mg (1.75%), Vitamin B1: 0.03mg (1.7%), Vitamin B3: 0.29mg (1.44%), Potassium: 47.5mg (1.36%), Folate: 4.75µg (1.19%)